



**GREEN
CHEF**

SUN-DRIED TOMATO FLATBREADS

balsamic reduction, basil pesto, kale salad

COOK TIME

35 MIN

SERVINGS

2

CALORIES PER SERVING

780

MENU

VEGETARIAN

Pizza night goes fancy with tonight's Mediterranean-inspired dish. Toasty flatbreads, slathered in basil pesto for herbaceous depth, are topped with sun-dried tomatoes, fresh Roma tomato, and mozzarella. They're baked to a melty finish, then drizzled with a tangy-sweet balsamic reduction. A kale salad with red bell pepper and sunflower seeds adds a garden-fresh element on the side.

INGREDIENTS (10 ITEMS)

¼ oz **Sun-dried tomatoes**
1 whole **Roma tomato**
2¾ oz **Lacinato kale**
1 unit **Red bell pepper**
2 whole **Flatbreads** W
3¾ oz **Basil pesto** M
4 oz **Mozzarella cheese** M
1¾ oz **Sweetened balsamic vinegar**
1¼ oz **Caper vinaigrette with olive oil**
½ oz **Sunflower seeds**

WHAT YOU'LL NEED

small pot
baking sheet
mixing bowls
measuring spoons
oven mitt
salt & pepper

ALLERGENS

W WHEAT
M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 400 degrees.
- Place **sun-dried tomatoes** in a small bowl. Cover with water. Let soak at least 5 minutes, or until softened. Once softened, finely chop **sun-dried tomatoes** (discard soaking liquid).
- Halve **Roma tomato** lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.
- Remove and discard any thick center stems from **lacinato kale**.^{*} Roll leaves into a large "cigar" and slice across into ribbons, about ¼ inch wide.
- Medium dice **red bell pepper**^{**} into pieces, about ½ inch each.

^{}To quickly prep, hold the stem end with one hand; pinch and strip the leaves down and away with your other hand (like pulling a zipper!).*

*^{**}The ingredient you received may be a different color.*

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.



2

BUILD & BAKE FLATBREADS

- Place **flatbreads** on a foil-lined baking sheet. Spread **basil pesto** over **flatbreads**. Top with **mozzarella cheese**, **sun-dried tomatoes**, and **Roma tomato**. Lightly season with salt and pepper.
- Bake 12-14 minutes, or until cheese is melted and lightly browned.



3

MAKE BALSAMIC REDUCTION

- Bring **sweetened balsamic vinegar** and about 3 tablespoons water to a boil in a small pot. Once boiling, reduce heat to low. Simmer 6-7 minutes, or until sauce has reduced by about half, stirring occasionally. Remove from heat.



4

MAKE SALAD

- Place **kale** in a large bowl. Drizzle with about 1 tablespoon **caper vinaigrette with olive oil**. Massage until leaves soften.
- Add **bell pepper** and **sunflower seeds**. Drizzle with remaining **vinaigrette**^{*} to taste. Toss to combine. Season with salt and pepper to taste.

^{}For a milder flavor, drizzle with 1-2 teaspoons olive oil along with vinaigrette.*



5

PLATE YOUR DISH

- Quarter **flatbreads**.
- Divide **sun-dried tomato flatbreads** between plates. Drizzle with **balsamic reduction** to taste. Serve **kale salad** on the side. Enjoy!

Nutrition Facts

2 Servings per container

Serving size (359g)

Amount per serving

Calories **780**

	% Daily Value*
Total Fat 45g	58%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 1130mg	49%
Total Carbohydrate 70g	25%
Dietary Fiber 6g	21%
Total Sugars 14g	
Includes 4g Added Sugars	8%
Protein 24g	
Vitamin D 1mcg	6%
Calcium 619mg	50%
Iron 5mg	30%
Potassium 708mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Flatbreads [enriched wheat flour (wheat flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), water, "00" flour, olive oil, yeast, contains less than 2% of: sea salt, natural mold inhibitors (cultured wheat starch, cultured wheat flour, vinegar), canola oil, wheat gluten, sugar, semolina flour, ground millet, sugar, salt, natural flavor, ascorbic acid], **Basil Pesto** [basil, canola oil, water, parmesan cheese (pasteurized part-skim cows' milk, cheese culture, salt, enzymes), granulated garlic, salt], **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Sun-Dried Tomatoes** [organic dried tomatoes], **Roma Tomatoes**, **Sweetened Balsamic Vinegar** (Balsamic Vinegar [wine vinegar, concentrated grape must, caramel color], Agave [organic agave syrup]), **Lacinato Kale**, **Bell Peppers**, **Sunflower Seeds** [sunflower kernels, sunflower oil], **Caper Vinaigrette** (Capers [capers, water, vinegar, salt], Parsley, Dried Basil, Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Black Pepper, White Balsamic Vinegar [aged white wine vinegar and must of white grapes], Red Wine Vinegar [aged red wine vinegar], Olive Oil [olive oil])

Allergen information:

Contains Milk And Wheat

Allergens may be reflected in pantry items listed in the "What You'll Need" section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.